

THE PUB GOES PINK

OCTOBER

BREAST CANCER

AWARENESS MONTH

2 DPW
SURVIVORS &
THRIVERS

10

RISK FACTORS

FOR BREAST CANCER IN
MEN

BREAST CANCER
WELLNESS INFO



AL WIGGINS, Jr.

DPW Commissioner

Team DPW,

This month, our departmental newsletter, *Inside the PUB*, has gone pink in honor of Breast Cancer Awareness Month. While we have experienced a world filled with change since 2020, some pre-pandemic practices have remained consistent. Among them, the importance of breast cancer awareness. This special edition of our newsletter spotlights two of our teammates, Antoinette Govan and Shelly Stroud, both of whom are breast cancer survivors! We salute them and all of you who have personally overcome or supported loved ones who have fought the good fight against the disease. We hope you will remain vigilant of the signs and symptoms of breast cancer. Even though our focus has been on COVID-19, it is still important to schedule regular mammograms and perform routine self-exams.

We appreciate each of you. Thank you for your continued hard work and the support you provide to the great city of Atlanta! Stay healthy. Stay safe. Let's continue to help "Keep the City rolling."



Antoinette Govan

Communications Director

“My name is Antoinette Govan, and I am a Triple-Negative Breast Cancer survivor and thriver. ‘Who Dat,’ for my Saints fans. I’m hoping my story can be helpful to others, who may not think this could ever happen to them. As women, we all need to stick together and encourage each other to go and get that yearly mammogram. Support is essential. I wish more women would talk about it. We could save more lives if we do.”

Click [here](#) for more of Antoinette’s story

Shelly Stroud

Customer Service Manager, Sr. & Accreditation Manager

“My name is Shelly Stroud, and I am a breast cancer survivor. I was diagnosed in 2017 with a type of unhereditary breast cancer. It felt like a bee sting, so I did a self-exam. That’s how I found it. I had a mammogram about four or five months prior to being diagnosed, but it was not caught. With the support of my sister from beginning to end, I made it through treatment. I’m still tired, but today, I feel good. My message to women is that, it’s very important to know your body, keep up with the self-checks and get annual mammograms.”

[Click here for more of Shelly’s story](#)



MAYO CLINIC/HEALTHY LIFESTYLE WOMEN’S HEALTH

Breast Cancer Prevention:

How to Reduce Your Risk by Mayo Clinic Staff

September 17, 2021 - Published in Writing

Breast cancer prevention starts with healthy habits — such as limiting alcohol and staying physically active. Understand what you can do to reduce your breast cancer risk.

- Limit alcohol • Breast-feed
- Maintain a healthy weight
- Be physically active
- Limit postmenopausal hormone therapy.

Read more: <https://bit.ly/ReducingtheRisk>



IT’S TIME TO RISE

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. Join us as we **RISE** together to help uplift women in need.

Read more:

<https://www.nationalbreastcancer.org/breast-cancer-awareness-month>



BREAST CANCER WELLNESS INFO

According to Kaiser Permanente, breast cancer is the second most common cancer among women in the United States, and the second-leading cause of cancer death. Fortunately, regular mammograms greatly increase the chance of detecting breast cancer early, when it's easier to treat and survival rates are highest.



When the COVID-19 pandemic began, cancer screening rates dropped due to stay-at-home orders and concerns about catching the virus. **City of Atlanta employees are encouraged to schedule a screening mammogram or ultrasound. A referral will be required.** Referral appointments may be made at the City of Atlanta Employee Wellness Center:

Location: City Plaza Apartments Address: 235-b Central Ave SW, Atlanta, GA 30303 Hours: Closes 5PM

Your Options:

- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so. (American Cancer Society)
- Women age 45 to 54 should get mammograms every year. (American Cancer Society)
- If you're a man who has a high risk of breast cancer because of personal or family history, your ethnicity, or a genetic mutation, it makes sense to talk to your doctor to develop a screening plan that makes sense for you and your unique situation.

Key Points To Remember:

- Mammograms can find some breast cancers early, when the cancer may be more easily treated. Studies show that a small number of women who have mammograms may be less likely to die from breast cancer.
- The risk for breast cancer goes up as you get older. In general, women younger than 50 are at a lower risk for breast cancer. Because of this, women ages 50 to 70 are more likely to benefit from having mammograms than women who are in their 40s.

Risk Factors for Breast Cancer in Men

Breast cancer in men is a rare disease. Less than 1% of all breast cancers occur in men. In 2021, about 2,650 men are expected to be diagnosed with the disease, and an estimated 530 men are expected to die from breast cancer. For men, the lifetime risk of being diagnosed with breast cancer is about 1 in 833.

Read more: https://www.breastcancer.org/symptoms/types/male_bc

According to the American Cancer Society, a risk factor is anything that affects your chance of getting a disease, such as breast cancer. But having a risk factor, or even many, does not mean that you are sure to get the disease. Some men with one or more breast cancer risk factors never develop the disease, while most men with breast cancer have no apparent risk factors.

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|--|--------------------------------|------------------|
| • FAMILY HISTORY OF BREAST CANCER | • RADIATION EXPOSURE | • AGING |
| • INHERITED GENE MUTATIONS | • ESTROGEN TREATMENT | • ALCOHOL |
| • KLINEFELTER SYNDROME | • LIVER DISEASE | • OBESITY |
| | • TESTICULAR CONDITIONS | |

Read more on the causes, risk factors, and prevention of breast cancer:

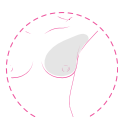
<https://www.cancer.org/cancer/breast-cancer-in-men/causes-risks-prevention/risk-factors.html>.

BREAST SELF-EXAM

The American Cancer Society recommends having an annual mammograms at age 45, but women who are at least 40 years old should be given the choice of having a yearly mammogram.



ONCE A MONTH,
2-3 DAYS AFTER PERIODS



EXAMINE BREAST AND ARMPIT
WITH RAISED ARM



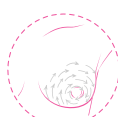
USE FINGERPADS WITH
MASSAGE OIL OR SHOWER GEL



UP AND DOWN



WEDGES



CIRCLES



EXAMINE BREASTS IN THE MIRROR
FOR LUMPS OR SKIN DIMPLING...



...CHANGE IN SKIN COLOR
OR TEXTURE...



...NIPPLE DEFORMATION,
COLOR CHANGE OR LEAKS OF ANY FLU